

HealthMedia Balance Includes:

- Personalized Strategies for Success
- Body Mass Index (BMI) Calculator
- Goal Setting Tool
- Food Fight
- Portion Size Quiz
- Healthy Cookbook
- Exercise Video Library
- 6-week weight management program

To sign up, you may enroll by phone by contacting Corphealth toll free at 1-866-378-1645 or online at www.corphealth.com/arwellness.

*This program is provided at no additional cost beyond monthly health plan premiums. To participate in the program, you must be enrolled in one of the health insurance plans offered to state employees.